



**"SUCCESSFUL MANAGEMENT OF UTERINE FIBROID (*MAMSAJA GRANTHI*)
THROUGH AYURVEDIC INTERVENTIONS: A CASE REPORT"**

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ABSTRACT

This case report examines the effectiveness of *Ayurvedic* interventions in the treatment of a 40-year-old female patient diagnosed with uterine fibroids, specifically referred to as *Mamsaja Granthi* in *Ayurveda*. Uterine fibroids, benign tumours located in the uterus, significantly impede quality of life with symptoms like heavy menstrual bleeding, pelvic pain and general fatigue. *Ayurvedic* literature correlates uterine fibroids to *doshic* imbalances, particularly involving the *Kapha and Pitta doshas* in the *Meda dhatu* (fatty tissue). The patient presented with symptoms that had progressively worsened over a year. Initial diagnostics through ultrasonography confirmed a 9.6 mm fibroid on the anterior wall of her uterus. The treatment strategy revolved around *Ayurvedic* principles, employing a combination of dietary modifications, lifestyle adjustments and a regimen of *Ayurvedic* medicines all aimed at correcting *doshic* imbalances and enhancing tissue metabolism. Subjective assessments utilized the Visual Analogue Scale (VAS) for pain, the Menstrual Distress Questionnaire (MDQ) and the Uterine Fibroid Symptom Quality of Life (UFS-QOL) questionnaire. The results indicated remarkable improvements, with pain decreasing from 6/10 to 3/10. The QOL score improved from 30/100 to 70/100 and MDQ scores showed decreased menstrual discomfort from 80/100 to 40/100. Objective follow-up with ultrasound post-treatment indicated the resolution of the fibroid, underscoring the potential of *Ayurveda* in managing and potentially eradicating uterine fibroids. The findings advocate for broader clinical validations and highlight *Ayurveda's* integrative potential in contemporary gynaecological care.

KEYWORDS: - Uterine Fibroid, *Mamsaja Granthi*, *Ayurveda Medicine*, Ovarian Cyst.

INTRODUCTION

Uterine fibroids, also known as leiomyomas or myomas, are benign smooth muscle tumours of the uterus. Most women will develop at least one fibroid during their lifetime, primarily during their reproductive years.^[1] Although the cause of uterine fibroids is still not entirely understood, they are believed to develop from a stem cell in the smooth muscular tissue of the uterus, with oestrogen and progesterone promoting their growth. Fibroids can vary greatly in size, number and location within the uterus, impacting their symptoms and severity. Common symptoms include heavy menstrual bleeding, pelvic pain or pressure and reproductive complications, such as infertility. Epidemiologically, these tumours are more frequently diagnosed in women aged 30-50 and are particularly prevalent in African American women, with an estimated occurrence in up to 80% of women by age 50.^[2]

In classical *Ayurveda*, uterine fibroids can be correlated with multiple concepts, primarily '*Yoni Vyapad*' (diseases related to female reproductive organs) and are referred to as '*Garbhashaya Gata Granthi*' (growth in the uterus) in ancient texts.^[3] *Ayurvedic* literature, including the *Sushruta Samhita* and *Charaka Samhita*, describes the pathogenesis of such conditions under various categories like '*Sannipatika Gulma*', where *doshas* (biological energies) vitiate and form masses or growths.^[4] Various scholars have contributed to understanding these conditions through the *Ayurvedic* lens, accommodating factors such as diet, lifestyle and *ayurvedic* medications for holistic treatment.

Pathophysiologically, fibroids are influenced by hormonal, genetic and local environmental factors. They are monoclonal tumours, often containing a higher amount of oestrogen and progesterone receptors

compared to the surrounding myometrium.^[5] From the *Ayurvedic* perspective, '*Mamsaja dhatu*' (one of the body tissues) involvement is considered crucial in the development of fibroids. *Ayurvedic* texts describe '*Mamsaja Vriddhi*' as an increase in *mamsa* resulting from the imbalance of *Kapha dosha* and *Mamsa dhatu* aggravating factors, leading to the manifestation of physical growths like fibroids^[6]

The *Ayurvedic* management aims at correcting the *dosha* imbalance primarily through *Shaman chikitsa* (pacification therapy) and *Shodhan chikitsa* (purification therapy), incorporating *ayurvedic* medicines, dietary guidance and lifestyle changes ensuring holistic health restoration. A growing body of contemporary research supplements traditional practices by validating the efficacy of various *Ayurvedic* herbs and therapies in managing symptoms and potentially reducing the size of fibroids.^[7,8]

CASE REPORT

Patient History and Information

The patient, a 40-year-old female, presented with multiple symptoms indicative of uterine fibroids (*Mamsaja Granthi*), which had been progressively worsening over the past year. Prior to consulting for *Ayurvedic* treatment, the patient had been occasionally using over-the-counter pain relievers for general abdominal pain and headache, but no formal allopathic medical diagnosis or consistent treatment was provided despite her symptoms. She was being complaining of Generalized weakness, Abdominal pain and Hyperacidity on/off since the period of 1 year, Bleeding per vagina on/off for the past 6 months but at present going on for the past 40 days, Heaviness in Abdomen and Headache on/off for the past 6 months.

History Compilation:

- **Diet and Lifestyle History:** The patient reported a high-stress lifestyle characterized by long working hours and irregular; predominantly irregular meals and incompatible diets. Exercise was minimal, consisting of occasional walking.
- **Medicine History:** Intermittent use of non-steroidal anti-inflammatory drugs (NSAIDs) for pain management. No continuous or prescribed medication was taken.
- **Surgical History:** The patient had no prior surgical interventions.
- **Family History:** There was no known family history of uterine fibroids or other significant gynaecological or genetic disorders.

Onset and Disease Progression: The initial onset of symptoms appeared approximately one year ago, marked by generalized weakness and intermittent episodes of abdominal pain. Over the past six months, the symptoms escalated to include significant abdominal heaviness, hyperacidity and frequent headaches. Particularly

troubling to the patient was the irregular and often heavy bleeding per vaginum, which started six months prior but had become continuous over the last 40 days, prompting her to seek *Ayurvedic* consultation.

Vital Parameters at Presentation:

- Blood Pressure: 120/80 mmHg
- Heart Rate: 88 beats per minute
- Temperature: 98.6°F (37°C)
- Respiratory Rate: 16 breaths per minute
- BMI: 22.7 kg/m, indicating normal weight status

Systemic Examination

Abdominal Examination

- **Inspection:** No abnormalities observed.
- **Palpation:** Firm, irregular mass consistent with uterine fibroids, mild tenderness.
- **Percussion and Auscultation:** Normal.

Cardiovascular System: Regular heart sounds with no abnormalities detected.

Respiratory System: Symmetrical chest wall, no abnormal movements.

Neurological Examination: Alert, cognitively intact and all cranial nerves functioning normal.

Genitourinary Examination: Healthy external genitalia, normal cervix on speculum examination.

Musculoskeletal Examination: Normal joint function and no signs of inflammation.

Samprapti of the disease

Due to *Adhyasan, vishamasan, samshan, kapha prakopak aahar vihar*

↓
Jadharagni manda

↓
Formation of *Apakva aahar rasa*

↓
Formation of *Ama*

↓
Rasa dushti

↓
Dhatu- rakta dhatu dushti Updhatu-artava + stanya (both dushti) Mala-kapha dushti

↓
Garbhashaya is a *adhishtan* of *artava vaha srotas*

↓
Dosha-duhsya sammurchana in *garbhashaya (Dosha-kapha, dushya-mamsa, rasa)*

↓
Sthana samshraya (Mamsa vridhi)

↓
Formation of *Mamsaja granthi*

Samprapti ghatak**Table 1: Samprapti Ghataka.**

Ghataka (Factor)	Details
<i>Dosha</i>	<i>Kapha</i> primarily, with possible involvement of <i>Vata</i>
<i>Dushya</i> (Tissue)	<i>Mamsa Dhatu</i> (fatty tissue)
<i>Srotas</i> (Channels)	<i>Mamsavaha, Rasavaha, Artavavaha Srotas</i>
<i>Srotodushti</i> Type	<i>Sanga</i> (obstruction), <i>Vimargagamana</i> (reverse movement)
<i>Agni</i> (Digestive Fire)	<i>Dhatvagni Mandya</i>
<i>Ama</i> (Toxins)	Presence or formation of <i>Ama</i> due to improper digestion
<i>Adhishthana</i> (Site of Manifestation)	Commonly subcutaneous tissues leading to visible lumps.
<i>Roga Marga</i> (Pathway of Disease)	<i>Abhyantara</i> (internal pathways)
<i>Rogavastha</i> (Stage of Disease)	Chronic and progressive

Ayurvedic Examination**Table 2: Ashtavidha Pariksha (Eight-fold Examination).**

Sr. No	Examination	Findings
1.	<i>Nadi</i> (Pulse)	<i>Vata Pittaja</i>
2.	<i>Mutra</i> (Urine)	<i>Prakrita</i>
3.	<i>Mala</i> (Stool)	<i>Saam</i>
4.	<i>Jihva</i> (Tongue)	<i>Saam</i>
5.	<i>Shabda</i> (Voice)	<i>Spashta</i>
6.	<i>Sparsha</i> (Touch)	<i>Anushna Sheeta</i>
7.	<i>Drik</i> (Eyes)	<i>Shweta</i>
8.	<i>Akriti</i> (Appearance)	<i>Avikrita</i>

Table 3: Dashavidha Pariksha (Ten-fold Examination).

Sr. No	Examination	Findings
1.	<i>Prakriti</i> (Constitution):	<i>Vata Pitta</i>
2.	<i>Vikriti</i> (Imbalance):	<i>Kaphaja</i>
3.	<i>Sara</i> (Tissue Excellence):	<i>Mamsa Saar</i>
4.	<i>Samhanana</i> (Body Build):	Moderate
5.	<i>Pramana</i> (Body Proportions):	Within normal limits.
6.	<i>Satmya</i> (Adaptability):	<i>Madhyama</i>
7.	<i>Satva</i> (Psychological Strength):	<i>Madhyama</i>
8.	<i>Ahara Shakti</i> (Digestive Strength):	<i>Avar</i>
9.	<i>Vyayama Shakti</i> (Exercise Capacity):	<i>Avar</i>
10.	<i>Vaya</i> (Age):	40 yr old

Imaging Assessment

USG Assessment - The USG assessment suggested that Uterus size 9.31cm × 4.50cm (Endometrial thickness 12.4mm), Evidence of thin convexity Ant wall fibroid of ~9.6mm present.

Ovaries

1. Right - normal
2. Left - 2.41cm × 2.35cm

Evidence of thin strip of fluid in Cul de Sac Present**Assessment Parameters Used: -****Subjective Parameters**

- Visual Analogue Scale (VAS): Used by the patient to rate the severity of pain and discomfort associated with the fibroid.^[9]
- Menstrual Distress Questionnaire (MDQ): Allows the patient to report symptoms related to menstrual cycles, helping to capture changes in menstrual-related discomfort and irregularities.^[10]

- Uterine Fibroid Symptom Quality of Life (UFS-QOL) questionnaire: Provides patient-driven data on how fibroids affect daily living and psychological well-being.^[11]

Objective Parameters

- Ultrasound Measurements: Regular imaging tests to observe the size and number of fibroids, providing a direct measure of the physical response to *Ayurvedic* treatments.^[12]
- Short Form (SF-36) Health Survey: While partially subjective, this tool can provide standardized and comparative data across various physical and emotional health domains, enabling statistical analysis of changes over time.^[13]

TREATMENT INTERVENTION**I. Diet Plan^[14]**

The dietary guidelines provided by Jeena Sikho Lifecare Limited Hospital included the following key commendations:

a. Foods to be avoided:

- Do not consume wheat, refined food, milk and milk products, coffee and tea and packed food.
- Avoid eating after 8 PM.
- During solid consume as small bite and chew 32 times.

b. Hydration:

- During water intake, take sip by sip and drink slowly to ensure the amount of water intake each time.
- Drink about 2-3 liters of alkaline water 3 to 4 times throughout the day.
- Include herbal tea, living water and turmeric-infused water part of daily routine.
- Boil 4 liters water & reduce up to 2 liters and consume.

c. Millet Intake:

- Incorporate five types of millet into diet: Foxtail (*Setaria italica*), Barnyard (*Echinochloa esculenta*), Little (*Panicum sumatrense*), Kodo (*Paspalum scrobiculatum*) and Browntop (*Urochloa ramosa*).
- Use only steel cook wares for preparing the millets
- Cook the millets only using mustard oil.

d. Meal Timing and Structure:

1. Early Morning (5:45 AM): Herbal tea, curry leaves (1 leaf-1 min/5 leaves-5 min) along with raw ginger and turmeric.
2. Breakfast (9:00-10:00 AM): The patient had steamed fruits (Seasonal), steamed sprouts (according to the season) and a fermented millet shake (4-5 types).

3. Morning Snacks (11:00AM): The patient was given Red juice (150 ml) and soaked almonds.
4. Lunch (12:30 PM - 2:00 PM): The patient received Plate 1 and Plate 2. Plate 1 will included a steamed salad, while Plate 2 with cooked millet-based dish.
5. Evening Snacks (4:00 – 4:20 PM): Green juice (100-150 ml) along with 4-5 almonds.
6. Dinner (6:15-7:30 PM): The patient served a steamed salad, chutney, and soup, as Plate 1, along with millet *khichdi* as Plate 2.

e. Fasting:

- It is advised to observe one-day fasting.

f. Special Instructions:

- Express gratitude to the divine before consuming food or drinks.
- Sit in *Vajrasana* (a yoga posture) after each meal.
- 10 minutes slow walk after every meal.

g. Diet Types:

- The diet comprises salt-less solid, semi-solid and smoothie options.
- Suggested foods include herbal tea, red juice, green juice, a variety of steamed fruits, fermented millet shakes, soaked almonds and steamed salads.

II. Lifestyle Recommendations

- (i) Include meditation for relaxation.
- (ii) Practice barefoot brisk walk for 30 minutes.
- (iii) Ensure 6-8 hours of quality sleep each night.
- (iv) Adhere to a structured daily routine.

Medicines Used

Table 4: Medicines used in this case.

On 19/09/2024

Medications	Dose	Anupana	Duration
Avipattikar Churna - The ingredients include <i>Haritaki</i> (<i>Terminalia chebula</i>), <i>Bibhitaki</i> (<i>Terminalia bellerica</i>), <i>Amalaki</i> (<i>Emblica officinalis</i>), <i>Shunti</i> (<i>Zingiber officinale</i>), <i>Maricha</i> (<i>Piper nigrum</i>), <i>Pippali</i> (<i>Piper longum</i>), <i>Vidanga</i> (<i>Embelia ribes</i>), <i>Nishoth</i> (<i>Operculina turpethum</i>), <i>Musta</i> (<i>Cyperus rotundus</i>), <i>Elaichi</i> (<i>Elettaria cardamomum</i>), <i>Tejpatra</i> (<i>Cinnamomum tamala</i>), and <i>Laung</i> (<i>Syzygium aromaticum</i>).	½ Tsp BD	<i>Koshna</i> <i>Jala</i> (Lukewarm Water)	<i>Pragbhakta</i> (Before Meal)
Capsule FE - This <i>Ayurvedic</i> medicine include <i>Makoy</i> (<i>Solanum nigrum</i>), along with several <i>Ayurvedic</i> mineral preparations: <i>Shilajeet</i> (<i>Asphaltum</i>), <i>Yasad Bhasma</i> (<i>Zincum oxydatum</i>), <i>Loh Bhasma</i> (<i>Ferrum oxydatum</i>), <i>Swarn Makshik Bhasma</i> (<i>Copper pyrites</i>) and <i>Mukta Shukti Pishti</i> (Pearl oyster shell calcium).	1 Capsule BD	<i>Koshna</i> <i>Jala</i> (Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
Tab Mahagranthihar Vati - The <i>Ayurvedic</i> medication include <i>Parad Bhasma</i> (mercury), <i>Gandhak</i> (sulfur), <i>Vang Bhasma</i> (tin), <i>Tamra Bhasma</i> and <i>Kash Bhasma</i> (copper and potassium, respectively), <i>Hartal Bhasma</i> (orpiment, arsenic trisulfide) and <i>Nilla Thotha</i> (copper sulfate). <i>Shankh Bhasma</i> is derived from conch shell, <i>Loha Bhasma</i> from iron and <i>Kodi Bhasma</i> from marine shells. Botanical components such as <i>Sonth</i> (<i>Zingiber officinale</i>), <i>Kalimirch</i> (<i>Piper nigrum</i>), <i>Pippali</i> (<i>Piper longum</i>), with the <i>Triphala</i> trio <i>Harad</i> (<i>Terminalia chebula</i>), <i>Bahera</i> (<i>Terminalia bellirica</i>) and <i>Amla</i> (<i>Emblica officinalis</i>). Other important ingredients include <i>Chavya</i> (<i>Piper</i>	1 Tablet BD	<i>Koshna</i> <i>Jala</i> (Lukewarm Water)	<i>Adhobhakta</i> (After Meal)

<i>chaba</i>), Kachur (<i>Curcuma zedoaria</i>), Vidang (<i>Embelia ribes</i>), Pippa Mool (root of <i>Piper longum</i>), Patha (<i>Cissampelos pareira</i>), Daruharidra (<i>Berberis aristata</i>), Vacha (<i>Acorus calamus</i>), Choti Elaichi (<i>Elettaria cardamomum</i>), Devdaru (<i>Cedrus deodara</i>), and Vidari (<i>Pueraria tuberosa</i>). Various salt forms like Samundar Namak , Senda Namak , Sambar Namak , Vid Namak , and Kala Namak (black salt) are also part of the formulation.			
Tab Kanchnaar Guggulu - The Ayurvedic medication include Kanchnaar (<i>Bauhinia variegata</i>), Guggulu (<i>Commiphora wightii</i>), Haritaki (<i>Terminalia chebula</i>), Bibhitaki (<i>Terminalia bellirica</i>), and Amalaki (<i>Embllica officinalis</i>). These primary constituents are complemented with Shunthi (<i>Zingiber officinale</i>), Maricha (<i>Piper nigrum</i>), Pippali (<i>Piper longum</i>), Varuna (<i>Crataeva nurvala</i>), Kshudra Ela (<i>Elettaria cardamomum</i>), and Daalchini (<i>Cinnamomum zeylanicum</i>).	1 Tablet BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
Tab Raktastabhana Vati - The Ayurvedic medication include Shudh Parad (purified mercury), Shudh Gandhak (purified sulfur), Giloy (<i>Tinospora cordifolia</i>), Heeradokhi , Haritaki (<i>Terminalia chebula</i>) and Semal (<i>Bombax ceiba</i>)	1 Tablet BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
Syrup Ladies Tonic - The Ayurvedic medication include Aloe vera (<i>Aloe barbadensis</i>), Sonth (<i>Zingiber officinale</i>), Magha (<i>Sesame indicum</i> likely referring to Sesame seeds), Kali Mirch (<i>Piper nigrum</i>), Long (<i>Syzygium aromaticum</i>), Dalchini (<i>Cinnamomum verum</i>), Tejpatra (<i>Cinnamomum tamala</i>), Badi Elaichi (<i>Amomum subulatum</i>), Nag Kesar (<i>Mesua ferrea</i>), Chitrak (<i>Plumbago zeylanica</i>), Piplamool (<i>Piper longum</i> root), Gaj Peepal (<i>Scindapsus officinalis</i>), Chavya (<i>Piper chaba</i>), Hauber (<i>Berberis aristata</i>), Dhania (<i>Coriandrum sativum</i>), Kutki (<i>Picrorhiza kurroa</i>), Supari (<i>Areca catechu</i>), Nagarmotha (<i>Cyperus rotundus</i>), Harad (<i>Terminalia chebula</i>), Baheda (<i>Terminalia bellirica</i>), Amla (<i>Embllica officinalis</i>), Rasna (<i>Pluchea lanceolata</i>), Devdaru (<i>Cedrus deodara</i>), Haldi (<i>Curcuma longa</i>), Daru Haldi (<i>Berberis aristata</i>), Munakka (<i>Vitis vinifera</i>), Danti Mool (<i>Baliospermum montanum</i>), Bala (<i>Sida cordifolia</i>), Atibala (<i>Abutilon indicum</i>), Konchbeej (<i>Mucuna pruriens</i>), Gokhru (<i>Tribulus terrestris</i>), Sount could be another form of Sonth (<i>Zingiber officinale</i>), Heena Patra (<i>Lawsonia inermis</i>), Akarkara (<i>Anacyclus pyrethrum</i>), Punarnava (<i>Boerhavia diffusa</i>), Shalparni (<i>Desmodium gangeticum</i>), Gambhari (<i>Gmelina arborea</i>), Ashok Chaal (<i>Saraca asoca</i> bark), Visar , Ronuka Vankshura and Kakad singi (<i>Pistacia integerrima</i>). Meda (<i>Polygonatum cirrhifolium</i>), Mahameda (<i>Polygonatum verticillatum</i>), Patha (<i>Cissampelos pareira</i>), Patla (<i>Stereospermum suaveolens</i>), Sariva (<i>Hemidesmus indicus</i>), Kalajeera (<i>Nigella sativa</i>), Nishoth (<i>Operculina turpethum</i>), Ridhi (<i>Habenaria intermedia</i>), Sidhi (<i>Habenaria edgeworthii</i>), Jeevak (<i>Malaxis acuminata</i>), Kakoli (<i>Roscoea procera</i>), Ksheer Kakol (<i>Roscoea purpurea</i>), Priyanuv (<i>Boerhaavia diffusa-Rumex vesicarius</i>), Khair Chaal (<i>Acacia catechu</i>), Mulathi (<i>Glycyrrhiza glabra</i>), Madhu (honey), Shaker (sugar) and Mahua Flower (<i>Madhuca longifolia</i>).	2 Tsp BD	<i>Sama matra Koshna Jala</i> (Equal amount of Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
Syrup G- Cordial - The herbs mentioned are Ashok (<i>Saraca asoca</i>), Pathani Lodhra (<i>Symplocos racemosa</i>), Majuphal (<i>Quercus infectoria</i>), Semal Chal (<i>Bombax ceiba</i>), Bala (<i>Sida cordifolia</i>), Nag Kesar (<i>Mesua ferrea</i>), Dhatki Pushp (<i>Woodfordia fruticosa</i>), Gokhru (<i>Tribulus terrestris</i>), Jatamansi (<i>Nardostachys jatamansi</i>), Chikni Supari (<i>Areca catechu</i>), and Adusa, Vasa (<i>Adhatoda vasica</i>).	2 Tsp BD	<i>Sama matra Koshna Jala</i> (Equal amount of Lukewarm Water)	<i>Adhobhakta</i> (After Meal)

Table 5: On 02/10/2024.

Medications	Dose	Anupana	Duration
<i>Avipattikar churna</i>	½ Tsp BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Pragbhakta</i> (Before Meals)
<i>Tab Raktastabhana Vati</i> -	1 Tablet BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
<i>Syrup Ladies Tonic</i> -	2 Tsp BD	<i>Sama matra Koshna Jala</i> (Equal amount of Lukewarm Water)	<i>Adhobhakta</i> (After Meal)

<i>Syrup G - Cordial</i>	2 Tsp BD	<i>Sama matra Koshna Jala</i> (Equal amount of Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
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Table 6: On 20/10/2024.

Medications	Dose	Anupana	Duration
<i>Avipattikar churna</i>	½ Tsp BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Pragbhakta</i> (Before Meals)
<i>Capsule FE</i>	1 Capsule BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
<i>Tab Mahagranthihar Vati -</i>	1 Tablet BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
<i>Tab Raktastabhana Vati -</i>	1 Tablet BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
<i>Syrup Ladies Tonic -</i>	2 Tsp BD	<i>Sama matra Koshna Jala</i> (Equal amount of Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
<i>Syrup G - Cordial</i>	2 Tsp BD	<i>Sama matra Koshna Jala</i> (Equal amount of Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
Syp Vishahar – The ingredients include <i>Giloy</i> (<i>Tinospora cordifolia</i>), <i>Papaya Leaf</i> (<i>Carica papaya</i>), <i>Wheat Grass</i> (<i>Triticum aestivum</i>), <i>Punarnava</i> (<i>Boerhavia diffusa</i>), <i>Neem</i> (<i>Azadirachta indica</i>), <i>Vasapatra</i> (often referred to as leaves of <i>Adhatoda vasica</i>), <i>Kalmegh</i> (<i>Andrographis paniculata</i>), <i>Karanj beej</i> (<i>Pongamia pinnata</i>), <i>Haldi</i> (<i>Curcuma longa</i>), and <i>Tulsi</i> (<i>Ocimum sanctum</i>).	2 Tsp BD	<i>Sama matra Koshna Jala</i> (Equal amount of Lukewarm Water)	<i>Adhobhakta</i> (After Meal)

Table 7: On 18/11/2024.

Medications	Dose	Anupana	Duration
<i>Avipattikar churna</i>	½ Tsp BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Pragbhakta</i> (Before Meals)
<i>Tab Mahagranthihar Vati</i>	1 Tablet BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
<i>Tab Kanchnaar Guggulu</i>	1 Tablet BD	<i>Koshna Jala</i> (Lukewarm Water)	<i>Adhobhakta</i> (After Meal)
<i>Syrup Ladies Tonic</i>	2 Tsp BD	<i>Sama matra Koshna Jala</i> (Equal amount of Lukewarm Water)	<i>Adhobhakta</i> (After Meal)

FOLLOW-UP & OUTCOME

After oral *Ayurvedic* treatment, the results that were seen are

Table 8: Outcomes – Objective Parameters.

Parameters	Pre-Treatment	Post-Treatment
Ultrasonography	Uterus size 9.31cm × 4.50cm (Endometrial thickness 12.4mm), Evidence of thin convexity Ant wall fibroid of ~9.6mm present. Ovaries 1. Right - normal 2. Left – Follicular cyst of size 2.41cm × 2.35cm Evidence of thin strip of fluid in Cul de Sac Present	Uterus size Uterus - 9.01cm × 4.03cm (Endometrial thickness 10.0mm), No evidence of fibroid. Ovaries 1. Right - normal 2. Left- Follicular cyst of size 2.01cm × 2.08cm No Evidence fluid in Cul de Sac Present
Short Form (SF-36) Health Survey	Baseline physical component summary (PCS) score was 30 and mental component summary (MCS) score was 32	Improved PCS score to 60 and MCS score to 65.

The changes in the subjective parameters that were observed are

Table 9: Outcomes – Subjective Parameters.

Parameters	Pre-Treatment	Post-Treatment
Pain (VAS) Abdominal pain	6/10 (moderate pain)	3/10 (mild pain)
Uterine Fibroid Symptom Quality of Life (UFS-QOL) questionnaire	Baseline score was 30/100, indicating poor quality of life	Improved score to 70/100.

Menstrual Distress Questionnaire (MDQ)	Score indicated severe distress at 80/100.	Improved score to 40/100.
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Image 1 - Before Treatment

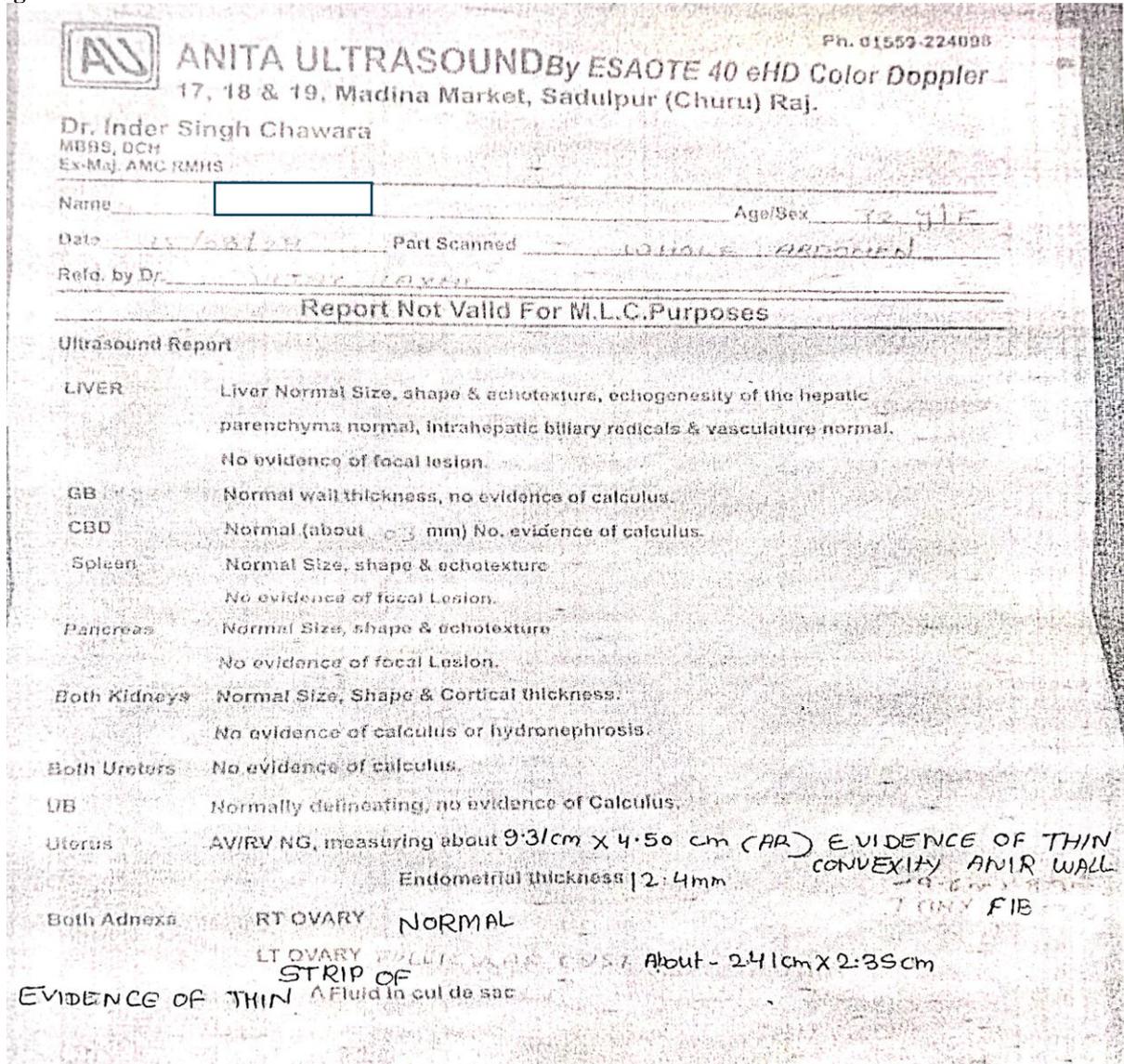
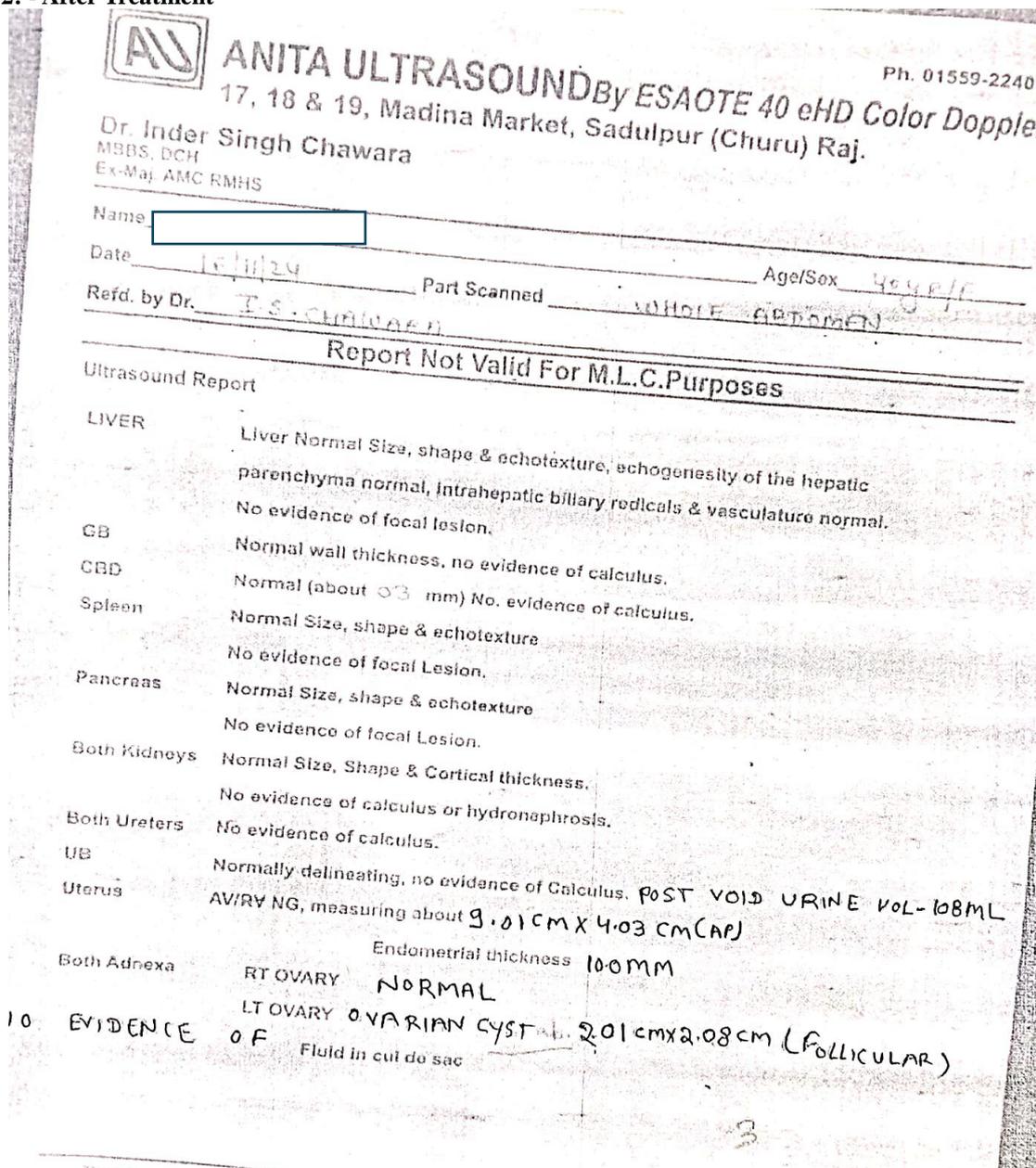


Image 2: - After Treatment



DISCUSSION

Uterine fibroids, also known as leiomyomas or myomas, represent a prevalent health condition, being the most common benign pelvic tumours in women of reproductive age. These non-cancerous growths appear in the uterus during the childbearing years and can vary greatly in size—from undetectable by human eyes to bulky masses that can distort and enlarge the uterus. While many women with fibroids experience no symptoms at all, those who do often face significant issues, including prolonged menstrual periods, heavy bleeding, pelvic pain and reproductive problems such as infertility.^[15]

The exact aetiology of fibroids is still not fully understood, but they are known to be hormone-dependent, growing in response to oestrogen and

progesterone. This dependency is evident as fibroids tend to develop during the reproductive years when hormone levels are high and typically regress after menopause when oestrogen levels drop.^[16] Genetics also plays a role, as women whose family members had fibroids are more likely to develop them. Other risk factors include race (with African American women at higher risk), obesity and dietary factors.^[17]

From a medical standpoint, treatment options for fibroids depend greatly on the severity of symptoms, the size and location of the fibroids, and the patient's reproductive goals. These options range from pharmaceutical treatments, such as Gonadotropin-releasing hormone (GnRH) agonists that can shrink fibroids, to surgical procedures like hysterectomy or myomectomy for more significant or symptomatic cases.^[18]

In contrast, *Ayurveda*, an ancient system of Indian medicine, offers a holistic approach to treating uterine fibroids, viewing them as a disorder primarily caused by an imbalance of the *doshas* (body's fundamental energies): *Vata*, *Pitta* and *Kapha*. According to *Ayurvedic* principles, fibroids are classified under '*Granthi*' (minor neoplasm) or '*Arbuda*' (major neoplasm), which are manifestations of *dosha* imbalance and *dhatu* (body tissues) malfunction, especially of *Rakta* (blood) and *Mamsa* (muscle tissues).^[19]

Ayurvedic treatment for fibroids aims to restore balance and purify the body of *ama* (toxins). This is achieved through a combination of *ayurvedic* medicine, diet regulation and lifestyle changes. Key herbs used include *Kanchnaar* (*Bauhinia variegata*) and *Guggulu* (*Commiphora mukul*), which are known for their properties in reducing tumours and detoxifying the body. *Ayurvedic* therapies might also incorporate herbs such as *Turmeric* (*Curcuma longa*), which has potent anti-inflammatory properties, and *Triphala*, a traditional formulation believed to cleanse the body and support overall digestive health.^[20]

The *Ayurvedic* formulations used in this patient, each with a specific blend of herbs and minerals, act synergistically to address various aspects of this disease by breaking the '*Samprapti*' or pathological process according to *Ayurvedic* principles.

Avipattikar Churna is primarily used to balance *Pitta* dosha and enhance digestive health. It contains ingredients like *Terminalia chebula* (*Haritaki*) and *Emblica officinalis* (*Amalaki*) that strengthen the digestive system and eliminate toxins (*ama*), which are often considered the root cause of many diseases in *Ayurveda*. The addition of *Piper nigrum* (*Black Pepper*) and *Zingiber officinale* (*Ginger*) boosts *agni* (digestive fire), helping reduce the formation of *ama*, thereby preventing disease progression.

Capsule FE combines both botanical ingredients and mineral preparations like *Asphaltum* (*Shilajeet*) to rejuvenate and energize the body's tissues (*dhatu*s). Iron preparations like *Loh Bhasma* correct *Rakta dhatu* (blood tissue) deficiencies, which is crucial in conditions like anaemia, which is common in chronic diseases, including uterine health disorders.

Tab Mahagranthihar Vati primarily focuses on dissolving unnatural growths or '*Granthi*' in the body, using a detoxifying mix of herbs and minerals, including *Parad Bhasma* (*Mercury*) and *Gandhak* (*Sulphur*). These components are believed to scrape out toxins and reduce hard formations within the body tissues, addressing diseases deeply rooted in tissue stagnation and *dosha* imbalances.

Tab Kanchnaar Guggulu is specifically reputed for its efficacy in treating '*Granthi*' (tumours, cysts),

particularly effective in thyroid swellings and lymphadenitis. *Bauhinia variegata* (*Kanchnaar*) is pivotal for its *Kapha* and *Meda* reducing properties, which are essential in addressing the *samprapti* of diseases involving abnormal growths or swellings.

Tab Raktastabhana Vati utilizes purified minerals such as *Shudh Parad* (**Purified mercury**) along with the potent immuno-modulatory herb *Giloy* (*Tinospora cordifolia*), to purify and fortify the blood and plasma tissues. This purification process is key to preventing diseases arising from vitiated *Rakta dhatu* (blood tissue).

Syrup Ladies Tonic is a comprehensive formulation designed specifically for female health, blending various herbs like *Ashoka* (*Saraca asoca*) and *Shatavari* (*Asparagus racemosus*). These herbs are renowned for their efficacy in strengthening the female reproductive system and balancing hormones, addressing common gynaecological issues from the root by enhancing all *dhatu*s from *Rasa* to *Shukra* (all bodily tissues from plasma to reproductive tissue).

Each of these formulations works by addressing the root cause of disease *Mamsaja Granthi* as understood in *Ayurveda*—through correcting imbalances in *doshas*, enhancing the quality of *dhatu*s (body tissues) and eliminating *ama* (toxins) from the body. These actions in turn help counteract the progression or '*Samprapti*' of various diseases, aiming to restore the body to a state of natural health and equilibrium.

Several clinical studies have explored the effectiveness of *Ayurvedic* treatments for uterine fibroids, affirming the potential of traditional approaches. For instance, a study by Sinha et al. (2013)^[21] evaluated the impact of *Ayurvedic* management on uterine fibroids, showing significant symptom reduction and improvements in quality of life (*Journal of Ayurveda and Integrative Medicine*). Another study by Kumar et al. (2011)^[22] highlighted the effectiveness of specific *Ayurvedic* formulations in reducing fibroid size and alleviating symptoms (*International Journal of Ayurveda Research*). Additionally, research by Rao et al. (2014)^[23] examined the combined use of *Kanchnaar Guggulu* and *Varuna* in treating uterine fibroids, noting considerable fibroid shrinkage and symptomatic relief (*Ayu*). These studies collectively suggest that *Ayurvedic* medicine could serve as a beneficial treatment option, either alone or integrated with conventional treatments, for managing uterine fibroids effectively.

NEED FOR FURTHER RESEARCH

Despite promising preliminary findings, there is a distinct need for further research in the *Ayurvedic* treatment of uterine fibroids to solidify its efficacy, safety, and mechanisms. Current studies often lack the robustness of large-scale, randomized controlled trials necessary for widespread medical endorsement. Additionally, exploring the integration of *Ayurvedic*

practices with conventional treatments could uncover synergistic benefits and improve patient outcomes. Detailed pharmacological analyses and standardization of *ayurvedic* components are also essential to ensure consistency and safety in treatments. It can help tailor culturally sensitive and patient-centered interventions, fostering broader acceptance and implementation within global healthcare frameworks.

CONCLUSION

This case study effectively demonstrates the potential of *Ayurvedic* treatments in managing uterine fibroids (*Mamsaja Granthi*), documenting significant improvements in both subjective symptoms and objective clinical findings. Before treatment, the patient, a 40-year-old female, exhibited severe symptoms including pain rated at 6/10 and a substantial quality of life disruption, scored at 30/100. Following a regimen of *ayurvedic* medications, lifestyle and dietary modifications, subjective assessments showed pain reduction to 3/10 and improved life quality to 70/100. Objectively, ultrasound imaging confirmed the disappearance of a 9.6 mm fibroid, alongside improvement in overall uterine measurements. These outcomes underscore *Ayurveda's* potential in offering effective, non-invasive treatment options for uterine fibroids, highlighting the need for further rigorous research to validate these promising results in larger population studies.

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